



Services and Education
for Seniors

Senior Solutions

The Shepherd's Center of Charlotte's Quarterly Newsletter
Volume 4, Issue 3
June, 2010

Homecoming 2010!

Thank you for making Homecoming 2010 a success!

Inside this issue:

Executive Director message,
pg. 2

Volunteer Drivers needed,
pg. 2

Program Guide:

Adventures in Learning

- General Session, pg. 3
- General Info. , Pg. 4
- Registration Info. , pg. 5
- Summer Classes, pg. 6

Travel Adventures,
pgs., 7-9

Seminars, pg. 10

Computer classes, pg. 11

Technology Fair, pg. 12

The Shepherd's Center of Charlotte's 30th Anniversary celebration welcomed close to 200 seniors and friends to a luncheon at Pritchard Memorial Baptist Church on Wednesday, April 21.

The event featured Larry Sprinkle, WCNC-TV's Meteorologist as MC. Special presenters included Bob Teague, Shepherd's Center Board President; Brigid Norton, former Executive Director of The Shepherd's Center and Betty Acuff, longtime and dedicated volunteer.



Attendees were treated to a musical performance by tenor Grayson Smith who was accompanied on the piano by senior volunteer Jackie O'Neill. They performed a tribute to Broadway show tunes and capped the program with patriotic songs. Thank you to all the volunteers who helped to make this event successful.



Memory Wall

Congratulations to the following raffle winners:

- 1st Prize: Madelon McHale—\$500**
- 2nd Prize: Muriel Nelson—\$250**
- 3rd Prize: Pauline Niilend—\$100**

If you have not had the opportunity to show your support for The Shepherd's Center of Charlotte's 30 years of service, it's not too late. You may send your donations to The Shepherd's Center of Charlotte, 3115 Providence Rd., Charlotte, NC 28211.

Volunteer Traditions!

The Shepherd's Center of Charlotte could not function without the help of our dedicated volunteers, many of whom volunteer in more than one area. Rose Graham is one of those volunteers. She is a member of the Adventures in Learning Education Committee and helps to plan and organize each Fall, Winter and Spring session. She also serves as the registrar at Adventures in Learning, responsible for greeting students and making sure everyone has a lunch ticket. In addition to her Adventures in Learning duties, she also serves on the Travel

Adventures Committee and not only helps to plan trips to destinations in the southeast, but also serves as a trip leader for several of the trips each year.

We thank Rose for her time, talent and treasure. Once again, volunteerism at its best!



Adventures in Learning Summer Session held at Christ Episcopal Church

1412 Providence Rd.
Charlotte, NC

More info
Inside!



Don't Forget! Harris Teeter VIC Card Promotion helps support The Shep- herd's Center

If you have not already done so, please attach your VIC card number to The Shepherd's Center number **3267**.

Harris Teeter rebates 2% of your house brand purchases to The Shepherd's Center of Charlotte. You only have to attach your VIC card to this number once a year—**usually during August!** This does not cost you anything and it's a great way to show your



support.

What if Shepherds Center of Charlotte earned a donation every time you searched the Internet? Or how about if a percentage of every purchase you made online went to support our cause? Now it can!

GoodSearch.com is a new Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and watch the donations add up!

Please add the Shepherds Center - Charlotte toolbar at <http://www.goodsearch.com/toolbar/shepherds-center-charlotte>.

From the Executive Director



As the hot weather approaches, I can't help but revel in the beautiful flowers and bushes in the Charlotte area.

Thanks to the plentiful rain we've been getting, everything is lush and green.

I want to thank you on behalf of The Shepherd's Center

of Charlotte Board of Directors and staff for your excellent support of our inaugural Homecoming 2010 event. We certainly had a great time and I hope all who attended did as well. Larry Sprinkle, WCNC's morning and mid-day meteorologist, was one of the highlights of the event. He assures me he will be available next spring for 2011 Homecoming.

This is our summer newsletter and I'd like you to note that our Adventures in Learning will be held at Christ Episcopal Church on Providence Rd. instead of Pritchard Memorial Baptist Church. Pritchard stays busy during the summer months with different camps for the children. Christ Church has once again graciously offered their facilities for us to use. Also,

please note that the summer Adventures in Learning is just a half day instead of a full day. We do this so you may attend the General Session and classes, and then get home before the summer heat takes over.

We are again offering some seminars for the coming months. These seminars have been designed specifically for you to help you navigate the years ahead armed with knowledge and the tools necessary to help you remain active in your home environment for as long as possible. Please take advantage of these seminars if you are able.

In April we lost one of our beloved volunteers, Lou Weber. He put up a good fight against his cancer, but in the end his body was just not strong enough. Lou coordinated our computer program for us and he will be greatly missed. We send our thoughts and prayers to his family.

And we say a fond farewell to Jack Haher who has volunteered with our Adventures in Learning Program for the past eight years. We wish him well as he and his wife move to West Virginia to be closer to family. Thanks for all your hard work, Jack! You will be missed.

Thank you for your continued support.

Linda R. Pellerin

Volunteers Needed!!!

As you are aware, The Shepherd's Center of Charlotte is a volunteer-based organization. We are able to help hundreds of seniors in the Charlotte-Mecklenburg area because we have dedicated volunteers who devote their time and energy to our services and programs.



drive. We give the driver the information and the driver calls the senior to get directions, specific times of the appointment, etc.

On the day of the appointment, the driver goes to the senior's home, picks them up, drives

them to their appointment and either waits for them (if the appointment will be short) or arranges to come back for them. When the appointment is over, the senior is picked up and taken back home. In the case of a very long appointment, it is sometimes necessary to use two volunteers, one to take to the appointment and the other to return the senior home.

One of our flagship services has been our medical transportation program where volunteer drivers take seniors who can no longer drive to their medical appointments. During the past couple of years, our volunteer drivers have been dwindling for various reasons. It is important to recruit new drivers for this program.

If you have just a few hours to spare each month, could you please consider driving a senior to their doctor's appointments? Seniors usually give us a three-day notice. We call our volunteers until we find one who is available to

There is a nominal fee of \$15 to the senior for the service. The fee can be considered a donation to The Shepherd's Center of Charlotte.

If you would like to volunteer for this program, please call 704.365.1995.

Adventures in Learning program guide

General Session

Mondays, July 12—August 16, 2010

(10:00 to 11:00 a.m.)

Adventures in Learning is excited to bring you our very own "Music Fest" for the first time this summer. Each Monday we will feature a guest artist or representative from the world of music.

NEW FEATURE! Our day adjourns at 12:30 p.m., and although there is no lunch provided, for those interested, an **"Adventures in Dining"** opportunity will be available. See the sign-up sheets at the registration table to join a group of fellow adventurers who will head to a pre-selected restaurant each Monday – a great opportunity for more fun and fellowship! (Note: Space is limited for the "Adventures in Dining" activity).

July 12



A summer tradition continues as we welcome the return of **The David Silden Brass Ensemble** to kick off our program with a variety of musical selections from the 1700's to the present. As they have in previous summers, the band will delight us with some classical and popular favorites, church hymn tunes, patriotic songs and a few surprises!

July 19

You're encouraged to be on your toes for this session as **Nikolai Keanov, a professional dance instructor at the Metropolitan Ballroom**, shows us the basics for such dance steps as the rumba, the salsa, and even the good old box step. A partner is not necessary for this fun and interactive session. (A few seats will be available for those who just want to watch!)



July 26

Join us for the "Sounds of the Symphony" as **Meg Whalen, the Charlotte Symphony's Director of Public Relations and Community Engagement**, brings us up to date on the symphony's latest developments. We'll learn about the new music director, Christopher Warren-Green, and get a preview of what's in store for the upcoming season.



August 2



The Charlotte Community Singers, directed by Carol Raedy, is a non-auditioned inter-

generational folk chorus whose purpose is to promote peace through singing. Join us for a program of joyful music where you'll hear songs from many styles and cultures, along with familiar folk songs for singing along. You'll leave with a smile on your face, a song in your heart, and a deeper sense of the common bonds that unite us all.

August 9



"The World of a Cantor and How I Got There" is the title of this humorous and informative presentation by **Cantor Elias Roochvarg of Temple Israel**.

Cantor Roochvarg will talk about his path to the Cantorate and what Cantors *do*, illustrating with some musical selections. He will then read selections from his new book, *Well-versed in Scripture: The First Five Books of the Bible in Contemporary Rhyme*.

August 16

Step back in time with the **Charlotte Waites, led by John Trexler**, who will regale you with Renaissance/Medieval/Traditional music. Waites were the English form of European town bands that began in the Middle



Ages. The group will perform with cornetto, sackbut, shawm, and dulcian, the ancestors of the trumpet, trombone, oboe, and bassoon. In addition to these and the recorder (they play 8 sizes!), the Waites will feature the hurdy-gurdy (a wheel fiddle with keys) and krummhorn (a cross between a bagpipe and a kazoo).

Adventures in Learning general information

Sponsors

The Shepherd's Center of Charlotte welcomes the following businesses as our Summer Sponsors:

Jennifer Phillips
Atria Merrywood
Independent Living
704.523.4949
Jennifer.phillips@atriaseniorliving.com

David Conner
Conner Tax
Advisory Group
704.869.8102
david@connertax.com

Carol Connors
Brighton Gardens
Assisted Living
Alzheimer's Care
Hospice
704.643.1400
Charlottebg.dcr2@sunriseseniorliving.com

Kelly Burke
Integrated Financial
Services
704.926.3404
Steve.abels@ifsinvest.com

Blake Thomas
Emeritus at Eastover
Retirement &
Assisted Living
704.366.2550
Eastover-CRD@emeritus.com

Ty Cain
Willow Grove
Retirement Community
Independent Living
704.545.0009
Ty.cain@holidaytouch.com

Welcome!

Adventures in Learning is an intellectually stimulating experience in an atmosphere of fellowship and friendship. In the summer, the program consists of an hour-long General Session and then your choice from one of six classes. To find out more about the program, please read below. We welcome you warmly and appreciate your interest.

How to register—Registration is as easy as completing the registration form on page 5 and returning it to The Shepherd's Center by **Tuesday, July 6, 2010**. For your convenience, classes are listed on page 6. It will be helpful if you list a **first** and **second** choice in case your first choice class cannot be accommodated. The fee for the six-week session is \$25.00 (\$30.00 at the door). Two registration forms are included to allow you to conveniently register a spouse, relative or friend. Can't make it to class every Monday? Not to worry – attendance is **not** mandatory.

What to do—Once you check in at the registration table, grab your nametag and head into the Blue Room for refreshments. **Announcements and sponsor acknowledgment will begin at 9:50, but the doors will open at 9:20** to give you time for fellowship. From 10:00-11:00 you'll enjoy the General Session, and then you attend your class at 11:30. Your day will conclude at 12:30, when your class ends. Please remember to return your nametag each week to convenient boxes so it will be on hand for you the following week.

Where to go—The summer session of Adventures in Learning is held at **Christ Episcopal Church**, located at 1412 Providence Rd. in the Myers Park area across from Colville Rd. There is plenty of free parking. The program will be in the building immediately to the right of the sanctuary. There will be signs to guide you. Once you enter the building, you will be directed to the registration table with volunteers to greet you and answer questions. Please be sure to pick up your copy of **The Shepherd's Notebook**, which will advise you on classroom locations and other last-minute announcements.

Classes—Please note that classes will be from **11:30 to 12:30!** This will give you plenty of time to grab an extra cup of coffee, visit the restroom and find your way to your class. We've made this change with your comfort in mind. Thank you for your continued support and patience.

Sponsors—As you can see from the list to your left, The Shepherd's Center has been fortunate to receive the support of businesses in our community. With their sponsorship, they are entitled to a few minutes to tell you about their products or services. Only one sponsor will present information to you each week. Thank you for your support.

Notice—We do our best to ensure that all classes meet for all scheduled sessions. Occasionally a class needs to be cancelled due to instructor illness or another unforeseen circumstance. In this case, we invite you to visit another class for that particular day. In the event of cancellation of an entire day of classes due to weather conditions, we will attempt to make up that day on the Monday following the last regularly scheduled Monday, provided that space is available at the church. **No refunds are available.**

Adventures in Learning registration form

Please mail the registration form and your check to **The Shepherd's Center of Charlotte, 3115 Providence Rd., Charlotte, NC 28211** by **Tuesday, July 6**. Checks are payable to **The Shepherd's Center of Charlotte**. After July 6, please register on the first day of class (July 12) or hand-deliver your registration and check to The Shepherd's Center by **Thursday, July 8**. For planning purposes, pre-registration is encouraged!

Summer 2010 Adventures in Learning

Have you attended Adventures in Learning before? _____

Name _____ (Preferred name on nametag)

Address _____ City _____ State _____ Zip _____

E-mail _____

Today's Date: _____
 Phone: _____
 Congregation: _____

Registration Fees:

Tuition: \$25.00 in advance for all 6 weeks, or \$30.00 at the door \$ _____

Contribution toward printing and mailing the Summer Newsletter: \$ _____

Total amount enclosed: \$ _____

Courses requested:

Morning Course: _____ 2nd Choice: _____

Your signature above represents your understanding that The Shepherd's Center of Charlotte is not responsible for individuals who may become ill or injured while participating in classes or programs associated with Adventures in Learning.

Summer 2010 Adventures in Learning

Have you attended Adventures in Learning before? _____

Name _____ (Preferred name on nametag)

Address _____ City _____ State _____ Zip _____

E-mail _____

Today's Date: _____
 Phone: _____
 Congregation: _____

Registration Fees:

Tuition: \$25.00 in advance for all 6 weeks, or \$30.00 at the door \$ _____

Contribution toward printing and mailing the Summer Newsletter: \$ _____

Total amount enclosed: \$ _____

Courses requested:

Morning Course: _____ 2nd Choice: _____

Your signature above represents your understanding that The Shepherd's Center of Charlotte is not responsible for individuals who may become ill or injured while participating in classes or programs associated with Adventures in Learning.

The Shepherd's Center of Charlotte, Inc.

Summer 2010 Volunteer Response Form

Name: _____ Phone: _____ Congregation: _____

Address: _____ City _____ State _____ Zip _____

E-mail: _____

♥ *Shepherd's Center Programs:* Yes, I am interested in volunteering for one or more of the following programs:

<input type="checkbox"/> Medical Transportation	<input type="checkbox"/> Handyman	<input type="checkbox"/> Office Assistance	<input type="checkbox"/> Medicare/SHIIP
<input type="checkbox"/> Grocery Transportation	<input type="checkbox"/> Computer Instruction	<input type="checkbox"/> Tax Assistance	

♥ *Adventures in Learning:* Yes, I am interested in teaching a course for an upcoming series.

My topic would be: _____

Summer classes—11:30 a.m.—12:30 p.m. (note new time)

(Please indicate a first and second choice on the registration form-Page 5)

Drawing 101 – We are excited to offer a one-hour drawing class in which a drawing exercise will be presented each Monday. Several drawing techniques and exercises will be explored, and you will want to practice them on your own outside of class. Materials should include a tablet of drawing paper 11"X14" or larger, graphite sticks and pencils (medium softness), a few kneaded and gum erasers, a bottle of black India ink and a few watercolor brushes, and a drawing pen. A Sharpie or two will do. If you have charcoal, colored pencils, or other drawing materials you wish to use, you may certainly work with them. A kit at Cheap Joe's will be available for you to either buy or check out. **Limited to 20 students!** **Instructor: Sandra Gray of the Charlotte Art League, and guest instructors.**

Hot Topics for Seniors – Each week we will focus on a different topic. Our tentative schedule is **7/12**: What is new in selling and preparing a home for sale, compared to 30 years ago? **7/19**: De-stuff and de-stress! / down-sizing or rightsizing; **7/26**: Gizmos and gadgets to make life easier; **8/2**: Chair exercises and fall prevention; **8/9**: Nutrition in a nutshell; **8/16**: Preparing your legacy within the home – how to pass down your family's story with the contents of your home and legal decisions to pass on to the family. Coordinated by **Adele Mahan, Certified Relocation Transition Specialist (CRTS), Fresh Start Transitions, LLC, with special guest instructors** (a complete schedule will be distributed on the first day of class).

Letters to my Grandchildren: A Workshop for Grandparents (and Others) Wishing to Share Their Faith Journey – One of the most powerful gifts you can give your grandchildren (and your children, nieces and nephews) is a taste of the lessons and joys you have accumulated during your spiritual journey. During this class, you will craft letters that address such topics as prayer, embracing the gifts of the Spirit, servant leadership, and experiencing God's love. Whether you are writing a letter for a 20-year-old, a 10-year-old, or an infant who may not read your letter for several years, you will be leaving a valuable legacy of faith for your family.

Instructors: Cindy Smith, B.A., M.A. and M. Ed., Minister of Christian Education at St. Stephen United Methodist Church, and Dorothy Trotter, B.A., writer, speaker and communications consultant, and a member of Christ Episcopal Church for more than 20 years.

Potpourri of Charlotte Theatre Talent – Some of the most talented artists and performers in the Charlotte area have been assembled to share their gifts and talents with us! Enjoy the theatrical stories and perspectives of these playwrights, actors, directors, and producers: **7/12**: Judy Simpson Cook, local playwright (*Nuptials, Benedictions, Retrieving the Lamb*, etc.), actress and director; **7/19**: Simon Donoghue, drama professor and director of the Abbey Players at Belmont Abbey College, and actor himself; **7/26**: Bonnie Cook Johnson and husband Ted Johnson, film, commercial, and stage actors (Bonnie has appeared in films with Miley Cyrus, Andie MacDowell and Barbra Streisand); **8/2**: Kevin Campbell, one of Charlotte's finest actors; **8/9**: Michael Vance, drama teacher, actor, director, and set/stage designer; **8/16**: James K. Flynn, with more than 30 years of experience doing commercials and voice-over work; on-air radio/TV host and award-winning audio producer, former announcer of the Charlotte Hornets basketball team. **Coordinator: Jane Kusterer, real estate broker with Allen Tate Company, and wife of Eugene Kusterer, local actor, high school drama teacher, and former artistic director of Theatre Charlotte, which was known during his tenure as Little Theatre.**

Short Stories – Explore a variety of classical and popular short stories through reading and discussion. Stories will include "A Rose for Emily" by William Faulkner; "The Veldt" by Ray Bradbury; "A Worn Path" by Eudora Welty; and "I Stand Here Ironing" by Tillie Olsen. A complete list (and schedule) will be given on the first day of class.

Instructor: Tom Powell, retired English instructor, Central Piedmont Community College.

Yoga for Every Body – Yoga postures (exercises) stretch and strengthen the entire body. Movement is coordinated with breath for a meditative experience. This course is appropriate for participants of all ages. Participants are taught basic concepts for beginners, but all levels of experience are welcome. Dress comfortably. Bring (1) a firm yoga mat or a thick blanket; (2) a blanket (not a beach towel) to fold to sit on and use as a prop when needed. No perfume, please. **Limit: 20 students.**

Instructor: Mary Lou Buck, B.S. Physical Education, certified 500-hour professional level Kripalu Yoga teacher, former owner of Yoga for Life in Dilworth.



All inclusive lifestyle with no buy-in fee ♦ Three meals a day ♦ Full-time housekeeper ♦ complimentary transportation 5 days a week ♦ All utilities included ♦ Free resident travel program to all other Holiday properties ♦ Generous move-in incentives!

Call Ty Cain, (704) 545-0009 for more information. [Platinum Level Sponsor](#)

Travel Adventures Information

Treat a Friend to a Trip! What better way to celebrate (a friendship or special occasion) than by taking a friend on a trip? A special card will be printed for your friend. Please call The Shepherd's Center for more information, 704.365.1995.

Register Early! Our trips fill quickly. Please complete the Travel Registration Form and submit a separate check for each trip made payable to The Shepherd's Center of Charlotte. Costs are priced per person. Mail to:
The Shepherd's Center of Charlotte, 3115 Providence Rd., Charlotte, NC 28211.

Travel Adventures Policy: At the time of registration, trips are to be paid in full.

Cancellations: Cancellations may be made up to 45 days before the trip date. Any cancellation after the 45-day grace period is nonrefundable unless the spot is filled from the wait list. This policy is due to the deposits that have to be paid by The Center to our venues. Please note that extreme medical emergencies will be taken into consideration.

Activity Level: Some Shepherd's Center trips require frequent walking and stepping on and off the bus. If you have physical limitations to your independence, you must be accompanied by a companion, but please call The Shepherd's Center for clarification. **Sorry, but we cannot accommodate wheelchairs or walkers!** All trip participants are expected to carry information about medical conditions, medications and insurance providers. The Shepherd's Center of Charlotte is not responsible for individuals who may become ill or injured while participating in Travel Adventures.

Parking: All trips depart from Trinity Presbyterian Church. Travelers are welcome to park in the Church parking lot for the duration of each trip.

Please note: The Shepherd's Center of Charlotte reserves the right to change venues, restaurants, plays, etc. if necessary.

Travel Adventures Registration Form

Please send a separate check for each trip.

Name: _____ E-Mail: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____ Congregation: _____

- | | | |
|--------------------------|--|------------------------------------|
| <input type="checkbox"/> | July 15: Wohlfahrt Haus Dinner Theatre, Wytheville, VA | \$89.00 |
| <input type="checkbox"/> | August 5: Flat Rock Playhouse, Flat Rock, NC | \$99.00 |
| <input type="checkbox"/> | August 25: Museum of York County, York, SC | \$45.00 |
| <input type="checkbox"/> | September 16/17: Pigeon Forge, TN | \$199.00 double
\$230.00 single |
| <input type="checkbox"/> | October 7: Blowing Rock, NC & The Blue Ridge Parkway | \$79.00 |
| <input type="checkbox"/> | November 17: Wohlfahrt Haus Dinner Theatre, Wytheville, VA | \$89.00 |

***Please notify The Shepherd's Center of special dietary needs.**

Return to: **The Shepherd's Center of Charlotte, 3115 Providence Rd., Charlotte, NC 28211**

Travel Adventures

Back to our beloved Wohlfahrt Haus Dinner Theatre for the Nostalgic "The Rat Pack and Company", Thursday, July 15

Space still available—call for details.

Dust off your dinner jacket & straighten your bow-tie as you stroll over to see Frank, Dean, Sammie, Joey & Peter together again at the Wohlfahrt Haus in Wytheville, VA. Re-live the good ole days of the Vegas strip as their pals like Judy and Marilyn stop by for a few laughs and a song or two. Come fly with us as these crooners whisk you back in time as only they can. Enjoy a delicious four-course luncheon and a toast to the Kings of Cool. You'll leave Charlotte at 8:30 a.m. and return by 7:30 p.m.



Price \$89

"The Producers" at Flat Rock Playhouse, Thursday, August 5

Limited space—call now for your reservation!

You're off to a NC favorite, the Flat Rock Playhouse to enjoy one of the biggest hits to land on Broadway, "The Producers." Mel Brooks' stage adaptation of his 1968 Oscar-winning movie classic has won a record-breaking 12 Tony Awards. This outrageously funny tale follows a desperate producer and a mild mannered accountant's attempt to make a fortune by producing a surefire bomb. Before the play, a delectable lunch buffet will be served at the lovely Highland Lake Inn. Bus leaves at 9:00 a.m. and returns about 7:00 p.m.



Price \$99

Museum of York County, Jasmine Café & The Peach Tree Orchard in York, SC, Wednesday, August 25

On a lazy summer day you'll hop on the bus for a quick trip to York, SC to learn a little York history with exhibits at the Museum of York County, which will allow you to go on an African safari, explore the galaxy, visit the Springs Gallery and discover the landscape changes of the Piedmont from 600 years ago until today. Lunch is at the Jasmine Café, which is a small restaurant where owner Linda Ellington entertains guests with her friendly southern hospitality. The final stop is a visit to The Peach Tree Orchard where for over 44 years Ben and Merwyn have been proudly serving customers the finest peaches grown. Depart Charlotte at 9:00 a.m. – return 3:30 p.m.



\$45.00

Silver Level Sponsor

**International
Minute Press**
The First & Last Step In Printing.

4440 South Blvd. • Charlotte, NC
704-522-0022

Silver Level Sponsor

Since 1913, Lance has been dedicated to providing fresh, great tasting snack options for your busy lifestyle. Whether it's Lance® sandwich crackers or one of the nuts, cookies, popcorn, cakes or other snack foods, you can rest assured that you're getting high-quality ingredients and a snack that's sure to satisfy.



Travel Adventures

Smoky Mountains & Pigeon Forge, TN **Thurs. Sept 16 – Friday Sept. 17**

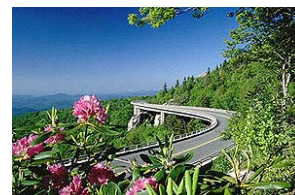
September is a perfect time to join us for this two day **getaway** to visit the Smoky Mountains of Eastern Tennessee. After checking into the lovely Fairfield Inn, we are off to be entertained by the Smith Family in their Dinner Theater. Voted the “Best Show” and “Best Entertainer” for the past five years, the Smith Family is all about sharing with the audience their love of life below the Mason Dixon line. It’s like pulling up a chair, easing back and taking a ride along the path of country, 50’s and 60’s rock and roll, bluegrass and heartfelt Southern Gospel music. After resting comfortably and enjoying breakfast we will visit The Old Mill along the banks of The Little Pigeon River. In the early 1800’s this water-powered gristmill became one of the main hubs of activity in this small mountain community. The mill faithfully produced the meals and flours that were crucial for the day-to-day existence of the Smokies’ early settlers. Today, the Old Mill is listed on the National Register of Historic Places. Next stop is The Apple Barn Cider Mill. This working apple farm with a general store, winery and restaurants is our lunch destination. Trip price includes hotel, dinner theater, lunch at the Apple Barn and bus expenses. Bus leaves at 8:30 a.m. and returns about 7:30 p.m.



\$199 Double
\$230 Single

Historic Blowing Rock, NC and the Blue Ridge Parkway **Thursday, October 7**

On a beautiful fall day, we’re off to bask in the beauty of the Blue Ridge Parkway. Our first stop is quaint Blowing Rock which sits astride the Eastern Continental Divide at a cool 4,000 foot elevation. Artsy Blowing Rock is filled with shops, art galleries and boutiques as well as the park for those seeking some fresh mountain air. Lunch is a destination in itself at *The Inn at Ragged Gardens*. This early 1900’s manor offers an enchanting hideaway in the heart of the historic village. Fall foliage should be at its peak as we travel on the picturesque Blue Ridge Parkway. The concept for the construction of the parkway began during Franklin D. Roosevelt’s administration in the 1930’s. The final leg of the parkway, Linn Cove Viaduct, is an engineering marvel that skirts the rugged perimeter of Grandfather Mountain. We will drive across the Viaduct enjoying panoramas from every side and visit the Visitor’s Center. Our leisurely drive on the Parkway continues on to Moses Cone Manor. Moses and Bertha Cone built their home at the turn of the 20th century. Here, visitors can enjoy a marriage of spectacular views, Georgian Revival architecture and stunning handmade crafts from Southern Appalachian crafts people. This special trip celebrates our very own North Carolina mountains. Depart Charlotte 8:30 a.m. and return about 6:00 p.m.



\$79.00

Christmas in the Mountains **Wohlfahrt Haus Dinner Theater** **Wednesday, Nov. 17**

Deck the halls and trim the tree and let Wohlfahrt Haus do the rest to get you and yours into the holiday spirit. This spectacular production features your favorite Christmas songs both old and new. Dazzling costumes and fantastic choreography help to spread the Christmas cheer. Join us for this special day as we experience the magic of Christmas in the Mountains. A four course theater luncheon is included in the price. Bus leaves Charlotte at 8:30 a.m. and returns about 7:30 p.m.



\$89.00

Seminars



Bill Romeo
American Prosperity
Group 10-11:00 a.m.
Trinity
Presbyterian Church

Thursday, July 29

Financial Blunders—Lessons we Never Learn: ♦When and how to deal with stock and stock options. ♦How to preserve and protect our assets against a plunging market. ♦The bank: is it really the place to “save” money? ♦How truly naive we are in understanding the market ...Great opportunities, great risks.

Thursday, September 23

Stress & Your Health: ♦What stress does to anyone under financial difficulties. ♦What creates the stress response in the body? ♦What action steps you can take.

For the above seminar, all participants will be entered into a drawing for a **FREE** massage at **Essential Therapy** by Laura Murphy, licensed massage and bodywork therapist.

Securities and Advisory Services Offered Through BCG Securities, Inc. Member FINRA, SIPC and a Registered Investment Advisor, OSJ Office: 3 Sunny Knolls Court, Wayne, NJ 07470, 973-831-4424. www.1APG.com.

Lunch & Learn
11:00 a.m. —12:30 p.m.
Trinity Presbyterian Church

Tuesday, August 17
“Financing Options for Long-Term Care Needs”

Presented by a panel of experts sponsored by



“Comforting solutions for in-home care”

Lunch provided by Summit Place of South Park Assisted Living & Memory Care

Kelly Burke
Integrated Financial Services



10-11:00 a.m.
Myers Park Methodist Church

Thursday, July 15

The Search for Retirement Income: Making the most out of your nest egg.

Thursday, August 12

CD Alternatives: Where can I go now that CD returns are low and I still need security?

Thursday, September 16

IRA Distribution Planning: Taking income from your IRA and how the IRA is treated in Estate Transfer.



Lunch & Learn
11:00 a.m.—12:30 p.m.
Trinity Presbyterian Church

Tuesday September 14
“Retirement Care Options”

Presented by Phil Koch, President



Defensive Driving Class
Taught by Officer Howard Setzer

Tuesday, July 27
9:30 a.m.—2:00 p.m.
(30 minutes for lunch—please bring your own)
Trinity Presbyterian Church
Room 113

Designed for Baby Boomers and up (50 and over), the class helps drivers refine existing skills and develop safe, defensive driving techniques.

Cost is \$12 for AARP members and \$14 for non-members—payment is due the day of class.

Please make checks payable to AARP!

Upon completion, you will receive a certificate from AARP. You must attend the session in its entirety to receive your certificate. The state of NC currently does **not** require auto insurance companies to offer a discount for completing the course. Please check with your insurance agent to see if your insurance company offers a voluntary discount.

Lunch & Learn
11:00 a.m. —12:30 p.m.
Atria Merrywood Senior Living
3600 Park Rd.

Tuesday, August 3
Sabrina Winters, Attorney



“Peace of Mind for your Family
Why Estate Planning is a gift of love!”

Registration is required for all of the above seminars, please contact The Shepherd’s Center of Charlotte, 704.365.1995 or adasst1@shepherdscharlotte.org.

Please note: The Shepherd’s Center of Charlotte provides these seminars to you for informational purposes only. The Shepherd’s Center of Charlotte does not endorse or promote any business or the topics, ideas or products presented.

Computer Classes

The Shepherd's Center of Charlotte has been offering computer classes to the community for over 12 years. These classes are offered to any adult regardless of age. All classes are held at Southminster Retirement Community, 8919 Park Rd. To register, please complete the form below mail it to The Shepherd's Center of Charlotte, 3115 Providence Rd., Charlotte, NC 28211 along with your check made out to **The Shepherd's Center of Charlotte. Directions to Southminster will be given to you by your instructor when he/she calls to confirm your class. Comprehensive manuals are included in all classes.**

Name _____ Phone _____ Email _____

Address _____ City _____ State _____ Zip _____ Amount Enc. \$ _____

704.365.1995 or plampel@shepherdscharlotte.org

**Please indicate your preferences by checking the boxes below and mailing in with your check.
Please write a separate check for each class.**

<p>Introduction to Computers—\$50.00 This is a 4-week (twice a week) hands-on class for beginners covering Microsoft Windows, word processing, spreadsheet, Internet and E-mail.</p> <p style="text-align: center;"></p>	<p><input type="checkbox"/> Jul 13-Aug 5, Tues & Thurs (9:00-noon) (4-weeks)</p> <p><input type="checkbox"/> Jul 13-Aug 5, Tues & Thurs (1:00-4:00) (4-weeks)</p>
<p>Please note: You must have taken the Introduction to Computers class or have comparable skills in order to take the following classes. These classes are 9 hours—3 sessions unless stated otherwise.</p>	
<p>E-Bay—\$25.00 Learn what all the fuss is about. How to navigate, buy & sell on this popular Web site.</p> <p><input type="checkbox"/> Jul 12, 14 & 16, Mon Wed & Fri (9-noon)</p> <p><input type="checkbox"/> Aug 9, 10 & 12, Mon Tue & Thu (9-noon)</p>	<p>Digital Imaging Management & Editing—\$25.00 Learn how to manage and edit digital photos, from loading the pictures into the computer to editing and sharing.</p> <p><input type="checkbox"/> Jul 26, 28 & 30, Mon Wed & Fri (9-noon)</p> <p><input type="checkbox"/> Aug 30, 31 & Sep 2, Mon, Tue & Thu (9-noon)</p>
<p>Social Networking—\$25.00 Facebook, Twitter, LinkedIn—what are these Web sites and how will it benefit you. Learn how to find lost relatives, classmates, and more. Meet others with similar interests!</p> <p><input type="checkbox"/> Aug 16, 18 & 19, Mon Wed & Thu (9-noon)</p>	<p>Internet/E-mail—\$25.00 Learn basic skills: how to navigate the Internet, send and receive e-mail and more.</p> <p><input type="checkbox"/> Aug 23, 24 & 26, Mon Tue & Thu (1-4)</p>
<p>Microsoft Word—\$25.00 Designed to build word-processing skills such as letter-writing, forms, reports, etc.</p> <p><input type="checkbox"/> Sep 13, 15 & 16, Mon Wed & Thu (9-noon)</p>	<p>File Management—\$10.00—3 hrs. You thought file management was just for paper files? Think again! It's just as important to keep the files on your computer organized and up-to-date. These file management tips will help you keep your files accessible for years to come.</p> <p><input type="checkbox"/> Aug 17, Tue (9-noon)</p>
<p>Meet Your Computer—\$10.00—3 hrs. Designed to show you all the things you can do with a computer: e-mail, banking, genealogy and more!</p> <p><input type="checkbox"/> Jul 9, Fri (9-noon)</p>	<p>Open Forum—\$10.00—3 hrs. Windows 7, tips for speeding up slow computers, backing up files, password techniques, how to burn a CD, Office 2007 and more. Your questions are answered!</p> <p><input type="checkbox"/> Sept 1, Wed (9-noon)</p>



The Shepherd's Center of Charlotte
Trinity Presbyterian Church
3115 Providence Rd.
Charlotte, NC 28211

Non-Profit Organization
U.S. Postage Paid
Permit Number 3758
Charlotte, NC

Technology Fair—Save the Date!



Wednesday, October 6, 2010
Southminster Retirement Community
8919 Park Rd., Charlotte, NC
9:30 a.m.—12:00 p.m.

What is all the fuss about?
Laptops, Ipads, Ipods, Itunes, Wii, Nintendo, Play-
station, cell phones, flat screen TV's, 3D TV's!!!
What does it all mean?

Visit this FREE Technology Fair to get a peek at the latest in electronics and convenience. This is the perfect event to see if you're ready for the technology explosion.

Although this event is free, registration is required.
Please contact The Shepherd's Center of Charlotte to register
704.365.1995 or plampel@shepherdscharlotte.org

More information will be forthcoming and will be posted on The Shepherd's Center of Charlotte's Web site: www.shepherdscharlotte.org.

Senior Solutions is a FREE publication produced by The Shepherd's Center of Charlotte. Contributions to cover printing expenses are welcome.

Staff:

Linda R. Pellerin
Executive Director
Karen Eckert
Program Director
Pam Lampel
Director of Office Services
Marian Thompson
Administrative Assistant
Mary Walsh
Administrative Assistant

www.shepherdscharlotte.org

The Shepherds Center of
Charlotte
Trinity Presbyterian Church
3115 Providence Rd.
Charlotte, NC 28211
704.365.1995
704.365.1955 (fax)